

		an elior company Meals	
TUESDAY	WEDNESDAY	FRIDAY	
3	4		
Beef Patty	Chicken Parmesan	Country Fried Steak	
Lettuce/Tomato/Onion/Pickle	Penne Pasta	Country Gravy	
Tater Tots	Garden Vegetables	Country Potatoes	
Hamburger Bun	Cucumber Salad	Mixed Vegetables	
Apple Cherry Compote	Texas Bread	Tossed Green Salad	
Milk	Seasonal Fruit	Wheat Roll	
Ketchup	Milk	Seasonal Fruit	
Mustard	Margarine	Milk	
Diet - Hot Sliced Apples	3 0	Margarine	
Diet Heteneda Apples		Ranch Salad Dressing	
10	11		
Salisbury Steak with Onion Gravy	Roasted Turkey Breast	Pulled BBQ Chicken	
Buttered Rice	Turkey Gravy	Baked Beans	
Stewed Tomatoes	Maple Roasted Sweet Potatoes	Coleslaw	
Green Peas	Green Beans	Whole Wheat Hamburger Bun	
Wheat Roll	Mixed Green Salad	Apple Raisin Compote	
Peaches	Wheat Roll	Milk	
Milk	Grapes	Diet - Hot Sliced Apples	
Margarine	Milk	, , , , , , , , , , , , , , , , , , ,	
Widi garine	Margarine		
	Ranch Salad Dressing		
17	18		
St. Patrick's Day	Beef Lasagna	Crustless Chicken Pot Pie	
Corned Beef	Italian Vegetable Blend	Club Spinach	
Roasted Red Potatoes	Mixed Green Salad	Biscuit	
Cabbage and Carrots	Garlic Texas Bread	Mandarin Oranges	
Mixed Green Salad	Pears	Milk	
Rye Bread	Milk	Margarine	
Tropical Fruit Cocktail	Margarine	3 3	
Milk	Ranch Salad Dressing		
Margarine	Nation Saida Di CSSING		
Ranch Salad Dressing			
24	25		
Beef Spaghetti Sauce	Potato Crusted Pollock	Health Expo	
Spaghetti Noodles	Crinkle Cut Fries	Grilled Cheeseburger served on	
Zucchini	Key Largo Vegetables	Whole Wheat Bun	
Tossed Green Salad	Coleslaw	Lettuce Tomato Onion Pickle	
Garlic Texas Bread	Wheat Roll	Potato Salad	
Seasonal Fruit	Pineapple Tidbits	Baked Beans	
Milk	Milk	Applesauce	
Margarine	Margarine	Milk	
Ranch Salad Dressing	Tartar Sauce	Mustard Mayonnaise Ketchup	
	Ketchup	777	
31			
Hawaiian Chicken Haystack	A suggested donation of \$3.00 is requested from seniors 60 and		
Buttered Rice	older.		
Oriental Vegetables	olde		
Pineapple Tidbits	Develope under CO een entere march fan 67.00		
Milk Persons und		ns under 60 can enjoy a meal for \$7.00	
	Milk and Bread serv	red with all meals.	
	46115		

A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com